



# MAY IS BETTER SPEECH AND HEARING MONTH

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# THE SPEECH LANGUAGE PATHOLOGIST (SLP) TREATS IMPAIRMENTS IN THE FOLLOWING AREAS:

- Articulation (speech sound productions)
- Language (written and verbal expression, auditory comprehension)
- Stuttering
- Nonverbal (Social skills, communication devices, swallowing)
- Voice

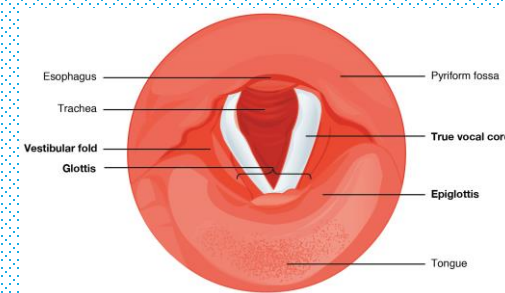
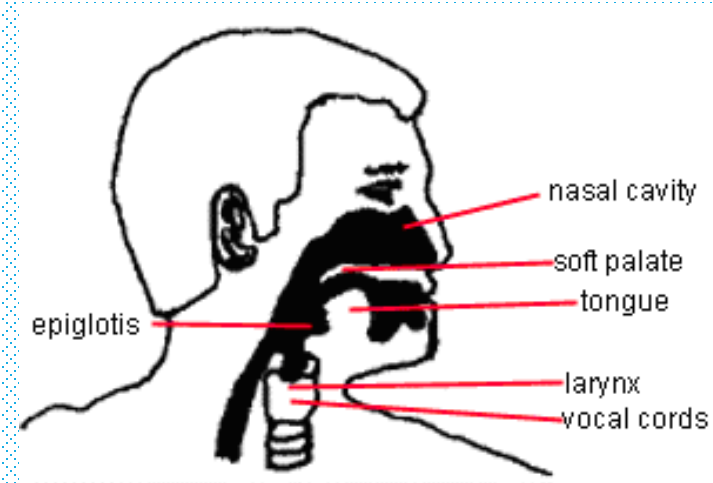
# VOICE DISORDERS AND TEACHERS

- 58% of teachers will experience a voice disorder within their career (ASHA, 2005)
- 11% currently have a voice disorder (ASHA 2005)
- 18% of teachers miss work each year due to voice related problems (ASHA, 2005)
- Other high risk professionals: administrators and secretaries



# WHAT IS A VOICE DISORDER?

- Nodules (calluses)
- Polyps (blisters)
- Paralysis



# VOICE DISORDER CHARACTERISTICS:

- hoarse or breathy
- like you are talking out of your nose
- like you have a cold that lingers
- too high or too low of a pitch
- talking too softly or too loudly
- pain
- pitch breaks
- loss of vocal range
- strain/struggle talking
- frequent loss of voice (aphonia)

Over a 2 week period is a concern or frequent occurrences.

# COMMON CAUSES

- Allergies
- Large tonsils or adenoids
- Smoking
- Illness (respiratory infections)
- Reflux
- **Poor voice habits - teachers**



# VOICE DISORDER PREVENTION AND VOCAL HYGIENE

- 1. HYDRATE (WATER)**
- 2. Eliminate throat clearing or coughing by using a hard swallow or soft cough**
- 3. Reduce nonessential talking – use silent classroom signals**
- 4. Avoid speaking in noisy situations**
- 5. Reduce back ground noise**
- 6. Rest/sleep matters**
- 7. Restrict medications that dry out the mouth or throat**
- 8. Reducing caffeine and alcohol intake**
- 9. Use a sound amplification system**
- 10. Build periods of vocal rest into your day**

Questions, Comments, Experiences

Thank you for this opportunity!

## REFERENCE

Nelson Roy (2005). Teachers with Voice Disorders: Recent Clinical Trials Research. The American Speech-Language-Hearing Association Leader.